

SENIOR CLASSES

How Healthy Are You?

Are you ready to get healthy? You will complete a health risk assessment giving you a true picture of your health and how you can improve it. This class will inspire and equip you with simple solutions and principles to take control of your health, your weight and how to eat well and feel great! A \$25 materials fee is due to the instructor on the day of class for a complete lifestyle workbook/resource.

Senior Center: Lounge

Instructor: Bobbi-Lynne Brown

Age: 55Y and up

CLASS#	TIME	DAYS	DATE	TERM	R/NR FEES
37564	1:00-3:00pm	M	Jun 9	1c	\$20/\$30
37565	1:00-3:00pm	M	Jul 7	1c	\$20/\$30

Calavera Hills Community Center: Meeting Room 2

Instructor: Bobbi-Lynne Brown

Age: 15Y and up

CLASS#	TIME	DAYS	DATE	TERM	R/NR FEES
37567	1:00-3:00pm	Sa	Jul 12	1c	\$20/\$30

Beginning Ceramics

Learn various methods of hand building techniques with low fire clay, pinch pots, slab and coil techniques. An \$8 materials fee is due to the instructor on the first day of class to purchase a 25 lb. bag of clay.

Senior Center: Arts Studio

Instructor: Maria Counts

Age: 55Y and up

CLASS#	TIME	DAYS	DATE	TERM	R/NR FEES
37924	10:00am-12:00pm	W	Jun 25-Aug 27	10c	\$80/\$90

Qigong for Vital Energy

Relax! Rejuvenate! With Qigong. Increase your energy, reduce stress, and strengthen your immune system. Benefit from deep relaxation techniques, and enjoy gentle, fluid, easy to follow exercises that invigorate your entire body and mind through a deepened awareness of your vital energy. 'Qigong' has been clinically proven to improve overall health and well being with a stunning 95% success rate. Students may stand and/or sit in a chair during class. CD, DVD and videos available. All welcome. On-going class. Drop-in fee \$10.

Senior Center: Activity Room

Instructor: Fay McGrew

Age: 55Y and up

CLASS#	TIME	DAYS	DATE	TERM	R/NR FEES
37926	9:15-10:15am	Tu	Jun 3-Jul 8	6c	\$49/\$59
37927	9:15-10:15am	Tu	Jul 22-Aug 26	6c	\$49/\$59

Computer Classes

Computer Literacy

This class demystifies basic computer concepts including hardware, software and Windows. You will learn basic use of the computer from turning it on, to shutting it down. You will learn how to gain control of the mouse, keyboard and display. You will learn about working with Windows, the desktop, and programs to open, create, save and print documents. You will discover over 60 different uses for a computer!

Senior Center: Computer Room

Instructor: Harriet Marois

Age: 55Y and up

CLASS#	TIME	DAYS	DATE	TERM	R/NR FEES
37437	9:30-11:30am	M	Jun 2-23	4c	\$54/\$64
37438	9:30-11:30am	M	Jul 7-28	4c	\$54/\$64

Computer Spreadsheets: Introduction to Excel

Unleash the calculating power of your computer! Learn to use Microsoft Excel! In this 'hands-on' class, you will learn the lingo first and then learn to create, format and print spreadsheets, enter and edit data, use formulas and functions, create graphs and use templates. Class includes demos and projects to create a personal database of friends and associates, an automated personal budget and a spreadsheet for financial or retirement planning. PREREQUISITE: Basic computer skills (or Computer Literacy class) with ability to use mouse to point, click, double click and drag.

Senior Center: Computer Room

Instructor: Harriet Marois

Age: 55Y and up

CLASS#	TIME	DAYS	DATE	TERM	R/NR FEES
37441	9:30-11:30am	Th	Jun 5-26	4c	\$54/\$64

Computer Workshop for Seniors

This 'hands-on' class covers issues/topics that inevitably hit anyone who uses a computer, but which are not covered in the usual books and classes. Topics include: how to deal with various 'unexpected' events on your computer; how and when to update, upgrade or install new software; why, when, and how to use PrintScreen; what files or programs can safely be deleted from your computer and how to do it; when to use 'save' vs. 'save as'; how to stop a runaway printer; when should you call the experts; who to call and how to deal with them; freebies and downloads on the Internet, etc. Topics covered will depend, in part, on students' priorities and interests. The final session includes a substantial amount of Question and Answer time with demonstrations by the instructor. PREREQUISITE: Computer Literacy class or basic experience with a computer.

Senior Center: Computer Room

Instructor: Harriet Marois

Age: 55Y and up

CLASS#	TIME	DAYS	DATE	TERM	R/NR FEES
37445	9:30-11:30am	W	Jul 9-30	4c	\$54/\$64

Internet Literacy for Seniors

What's so great about the Internet? Find out and have fun in this 'hands-on' class. You will learn to use the Internet and the World Wide Web more effectively than most. You will learn to find, save, and print images and information while protecting your privacy and security. You'll learn to use 'Google' to its fullest extent. Privacy and security issues are highlighted, including cookies, bugs, viruses, spyware, adware, and firewalls. The class includes best Web sites and popular search topics as well as special topics chosen by students. **PREREQUISITE:** Basic computer skills or Computer Literacy class.

Senior Center: Computer Room

Instructor: Harriet Marois

Age: 55Y and up

CLASS#	TIME	DAYS	DATE	TERM	R/NR FEES
37442	9:30-11:30am	W	Jun 4-25	4c	\$54/\$64
37443	9:30-11:30am	Th	Jul 10-31	4c	\$54/\$64

Introduction to PCs

System Hardware & Media

Are you getting ready to buy a new computer system or do you just want to become more familiar with your current computer hardware? Then this class is for you. Here you will be given the chance to take a look at the inner workings of a computer. You will learn to identify the individual components of the system, discover how they interrelate with one another, and develop a better understanding of their specifications. This class will help you to build upon your computer vocabulary so that you will be better able to discuss your computer system with sales/service people and others. You will also learn about the various media that you will be using with your computer system, such as floppy disks, CDs, DVDs, travel drives, etc. This is a 4 hour, 2 session class.

Senior Center: Computer Room

Instructor: Alan Hopkins

Age: 55Y and up

CLASS#	TIME	DAYS	DATE	TERM	R/NR FEES
37933	9:30-11:30am	Tu	Jul 8-15	2c	\$28/\$38

Windows Operating System

The Windows Operating System controls the functions of your personal computer. In this class, you will learn how to properly start and shut down your computer system. You will discover how to deal with the basic functions of Windows, like sizing, moving, cascading, tiling, minimizing, maximizing, and closing a window. In addition, you will learn how to change mouse and keyboard settings, set up your desktop, and select a screen saver. You will also explore the various accessory programs that are supplied with Windows. This is a 4 hour, 2 session class.

Senior Center: Computer Room

Instructor: Alan Hopkins

Age: 55Y and up

CLASS#	TIME	DAYS	DATE	TERM	R/NR FEES
37935	9:30-11:30am	Tu	Jul 22-29	2c	\$28/\$38

File Management

If you only take one class in this series, then this is the class for you. It doesn't matter whether you're creating Word files or storing your digital pictures, this is the class that will teach you how to organize your computer files and images. You will learn how to create folders for the files that you create, move or copy files and folders on the Desktop, move or copy files and folders using Windows

Explorer, and move or copy files and folders from one drive to another. You will also learn how to create folders when saving a file from an application program, such as Microsoft Word. This class has been expanded to a 6 hour, 3 session class to include an extra session for you to gain more practice.

Senior Center: Computer Room

Instructor: Alan Hopkins

Age: 55Y and up

CLASS#	TIME	DAYS	DATE	TERM	R/NR FEES
37937	9:30-11:30am	Tu	Aug 5-19	3c	\$42/\$52

Introduction to Microsoft Word

An Introduction

This class begins your word processing learning experience. Here you will sample a variety of documents that can be produced using Microsoft Word 2008, such as letters, envelopes, labels, flyers, and newsletters. You will explore the many features of the Word screen, including the Menu bar, various Toolbars, Status bar and Task bar. Before you're through, you will have created, edited, formatted, saved, and printed your first document. This is a 4 hour, 2 session class.

Senior Center: Computer Room

Instructor: Alan Hopkins

Age: 55Y and up

CLASS#	TIME	DAYS	DATE	TERM	R/NR FEES
37938	1:00-3:00pm	Tu	Jul 8-15	2c	\$28/\$38

Creating Envelopes & Labels

In this class you will learn to create and print envelopes and labels of various types and sizes. And if you so desire, we may even create a special business card just for you. This is a 4 hour, 2 session class.

Senior Center: Computer Room

Instructor: Alan Hopkins

Age: 55Y and up

CLASS#	TIME	DAYS	DATE	TERM	R/NR FEES
37940	1:00-3:00pm	Tu	Jul 22-29	2c	\$28/\$38

Editing & Formatting Documents

In this class you will learn the many ways to edit and format your documents. This is where you will learn to copy and paste, change fonts, check for spelling and grammar, change the appearance of the text, add bullets or numbers, insert page breaks, add page numbers, set margins, and much more. This is a 6 hour, 3 session class.

Senior Center: Computer Room

Instructor: Alan Hopkins

Age: 55Y and up

CLASS#	TIME	DAYS	DATE	TERM	R/NR FEES
37942	1:00-3:00pm	Tu	Aug 5-19	3c	\$42/\$52

Working with Graphics

This is where you can get creative with your Word documents. Here you will explore the many uses of the Drawing toolbar to create lines, arrows and shapes; add color and WordArt; and insert clip art and pictures into your documents. We'll teach you how to use these tools, all you need to do is apply your creative imagination. This is a 4 hour, 2 session class.

Senior Center: Computer Room

Instructor: Alan Hopkins

Age: 55Y and up

CLASS#	TIME	DAYS	DATE	TERM	R/NR FEES
37944	1:00-3:00pm	Tu	Aug 26-Sep 2	2c	\$28/\$38

The Art of Scanning

Have you ever wanted to learn how to use a digital scanner or an all-in-one printer/copier/scanner/fax? Then this class is for you. Here we will review the functions of the various operator panel buttons; load different types of print media; install ink cartridges; perform copy operations without the use of a computer; and, most importantly, learn to scan images using a variety of application programs, like Microsoft Word and Paint. This is a 4-hour, 2-session class.

Senior Center: Computer Room

Instructor: Alan Hopkins **Age:** 55Y and up

CLASS#	TIME	DAYS	DATE	TERM	R/NR FEES
37948	9:30-11:30am	Tu	Aug 26-Sep 2	2c	\$28/\$38

Email/Attachments/Address Book/Folders

In this class you will learn to compose and send e-mail; insert pictures, sounds, and web site links; add attachments; create and manage an address book; and make folders for filing your e-mail messages. Through the use of classroom instruction and actual hands-on experience, you will soon be sending and receiving e-mail with the best of them. You will also master the technique of downloading and finding attachments. Never again will you have to wonder, where did that downloaded attachment ended up? This is a 6-hour, 3-session class.

Senior Center: Computer Room

Instructor: Alan Hopkins **Age:** 55Y and up

CLASS#	TIME	DAYS	DATE	TERM	R/NR FEES
37946	9:30-11:30am	Tu	Jun 10-24	3c	\$42/\$52

Introduction to Digital Photography

Been thinking of buying a new digital camera or upgrading the one you currently own? Then this class is for you. Here you will learn about the many things that should be considered when choosing a new digital camera, like price, resolution, optical versus digital zoom, additional features, as well as those essential extras and optional extras that you may wish to purchase. You will also receive an overview of what to do once your pictures are in your camera, like how to download them to your computer; organize, rename and file them; how to resize them for email attachments; and a little bit about retouching. This is a 6-hour, 3-session class.

Senior Center: Computer Room

Instructor: Alan Hopkins **Age:** 55Y and up

CLASS#	TIME	DAYS	DATE	TERM	R/NR FEES
37945	1:00-3:00pm	Tu	Jun 10-24	3c	\$42/\$52

SENIOR SAFARI EXCURSIONS

Please call the Carlsbad Senior Center at 602-4650 to set up your Family ID and PIN number if you would like to register on-line. **Some programs may have specialized refund policies. Please check with staff if you have questions.** Thank you!

Note: All Senior Safari excursions require a certain amount of walking.

Legend for Class Information:

Term	Duration of the class
d	Day(s)

Griffith Park Observatory

The Griffith Park Observatory has been a landmark since 1935, and still remains one of the top tourist attractions of Southern California. It is once again open to the public after undergoing its first major renovation. Every system of the Observatory, including the Samuel Oschin Planetarium has been expanded while maintaining the original classic look and feel. They have also added a new state-of-the-art planetarium theatre. Lunch will be at the famous Tam O'Shanter Inn a member of the Lawry's Restaurant, Inc.

Senior Center: West Parking Lot **Age:** 55Y and up

CLASS#	TIME	DAYS	DATE	TERM	R/NR FEES
35599	9:15am-7:15pm	Th	May 8	1d	\$68/\$78

A Day in Pompeii

This excursion takes us to the San Diego Natural History Museum for 'A DAY IN POMPEII', that will feature more than 250 artifacts unearthed from thirty feet of volcanic material. Special permission has been granted for this exhibition of the Roman City of Pompeii that was frozen in time by the catastrophic eruption of Mt. Vesuvius. Lunch is included at the Edgewater Grill.

Senior Center: East Parking Lot **Age:** 55Y and up

CLASS#	TIME	DAYS	DATE	TERM	R/NR FEES
37949	10:30am-5:00pm	W	May 21	1d	\$75/\$85

Viejas Casino

Another fun day at the Viejas Casino and their Company Stores. Plenty of time to even just enjoy people watching. A coupon for \$5.00 off of lunch will be included in the fun book that each of us will receive on our arrival.

Senior Center: West Parking Lot **Age:** 55Y and up

CLASS#	TIME	DAYS	DATE	TERM	R/NR FEES
35600	9:00am-4:00pm	Th	May 29	1d	\$18/\$28